

Bedtime Routine Reward Chart

SLEEPING HELPS ME GROW BIG
AND STRONG!

	MON	TUES	WED	THURS	FRI
I TOOK A BATH					
I BRUSHED MY TEETH					
I PUT ON MY PAJAMAS					
I PLAYED CALMLY					
I LAID DOWN WHEN I WAS ASKED					

YAY!! I SUCCEEDED _____ TIMES!